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COMPARISON OF SAI HOCKEY SKILL TEST BETWEEN THE PLAYERS OF CBSE AND STATE BOARD SCHOOLS OF KASHMIR

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Abstract: The purpose of the study was to compare the SAI Hockey Skill Test between the hockey players of C.B.S.E and State board schools of Kashmir. The subjects selected for this study were 100 hockey players of two Board schools of Kashmir. Out of 100 hockey players 50 players were selected from five C.B.S.E schools and 50 players were selected from five State board schools, from each school 10 hockey players were selected for this study. The age of these players were ranged between 12 to 14 years. The criterion variables selected for this study were the three test items of SAI hockey skill test. Comparison of SAI hockey skill test between the hockey players of C.B.S.E and state board independent *t* ratio was applied. The result of the study showed that shooting in the target and moving with the ball showed significant difference between C.B.S.E and State board ($p < 0.05$). In contrast, balancing the ball on the stick showed no difference between the groups ($p > 0.05$). It is concluded that C.B.S.E school boys better skills in hockey than state board school boys.

Keywords: Hockey skill test, school, state board, C.B.S.E

Introduction

Hockey is one of the oldest games in history it seems to have been an Asian game and was probably known to the Greeks. About thirty year age, a sculptured base relief dating back to 480 B.C. was discovered, which depicted half a dozen children playing a ball game with crooked sticks. Hockey game has been proved to be highly competitive sports in the world and this game offers a wide range of opportunity for the development of motor abilities i.e. strength

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speed, endurance, flexibility, agility and co-ordination and other psychological and physiological variables. Field hockey is one of the most ancient, and popular game today plays in all five continents. Hockey is a game in which our country reigned supreme, starting from 1928, till 1955. India won six straight Olympic Gold in hockey. This was a remarkable series of wins. In 1960, for the first time India has lost to Pakistan in Olympics Games. Through in 1964 at Tokyo Olympics. India won the gold medal to reestablish our image once again. In 1968 Olympics India was bronze medalist.

The reign of the Asian hockey was first destroyed in 1972 Olympics when Federal Republic of Germany defeated Pakistan to become the Olympics champions for the first time. In 1976, New Zealand became the Olympics champions beating both Asian and Europeans. Again, India managed to win 1980 Olympics (Moscow) where top team of the world did not participate. The next Olympics of 1984 Los Angeles (USA) were another setback to Indian hockey where India would manage fifth position. Indian performance in world cup hockey was no better. In the first world cup at Barcelona India was third. In the second at Amsterdamin 1973 we were second.

In order to reach optimum performance in Hockey games the different components of physical and motor fitness such as endurance, power, strength, speed, agility, flexibility, balance etc are pre-requisite. A player will not be able to perform his best during training and competitions unless optimum development takes place. Physical education and sports scientists have made numerous efforts to identify the factors underlying skillful performance in various games and sports. For different types of sports the definition of skillful performance would vary and so would the components constituting performance.

In hockey as in many other sports and games, a player can attain excellence at an early age only if he starts his career in early boyhood. An early starter, like an early rider, has time for the acquisition of manifold athletic abilities, fundamental skills and Tactics which are essential for becoming a grand player. In the advanced countries,

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training of athletes and players start quite early in life. Learning individual tactics leads to the acquisition of group and team tactics. The methodology of teaching tactics may vary. However, young trainees should know more than what they are able to practically demonstrate at any given moment. Weaknesses and short one coming should be analyzed and removed during the learning process in order to create a sound base. A youngster with all-round technical and Tactical training has good chance of becoming an excellent player [1-4]. The purpose of the study was to compare the SAI Hockey Skill Test between the hockey players of C.B.S.E and State board schools of Kashmir.

Methods

The subjects selected for this study were 100 hockey players of two Board schools of Kashmir. Out of 100 hockey players 50 players were selected from five C.B.S.E Schools and 50 players were selected from five State board schools, from each school 10 hockey players were selected for this study. The age of these players were ranged between 12 to 14 years.

Selection of Variables

The variables selected for this study were the three test items of SAI hockey skill test:-

a) Shooting in the target
b) Balancing the ball on the stick
c) Moving with the ball

Collection of Data

The data was collected by conducted the SAI hockey skill test on 100 subjects of two board schools of Kashmir. The number of accurate hits, timing of balancing the ball on the stick and moving with the ball test items were noted down and best attempt was converted into SAI hockey skill testing evaluation standards and value of the norms were final data/ score.

Table 1: SAI hockey skill testing evaluation standards

Age Group (Years)	Shooting Target (accurate hits)		Balancing Ball (Seconds)		Moving With ball (Seconds)		Points
	Boys	Girls	Boys	Girls	Boys	Girls	
10	6 5 4	5 4 3	158&more 10 - 14 05 - 09	10 & more 05 – 9 03 - 5	4.70&Less 4.71-5.99 6.00-7.30	5.99 & less 6.01-6.79 6:&0-8.09	3 2 1
11	7 6 5	6 5 4	20&more 15 - 19 10 - 14	15& more 10 – 14 05-09	4.55& less 4.56-5.89 5.90-7.15	534&less 5.35-6.64 6.65-7.99	3 2 1
12	8 7 6	7 6 5	25 & more 20 - 24 15 - 19	20& more 15 - 19 10 - 14	4.40&less 4.41-5.69 5.70-7.00	5.19&less 5.20-6.49 6.50-7.79	3 2 1
13	9 8 7	7 6 5	same as for age group 12		4.30&less 431-4.39 4.40-5.00	5.10&less 5.11-5.19 5.20-5.30	3 2 1
14	10 9 8	10 9 8	same as for age group 12		4.20&less 421-4.29 4.30-4.37	5.00&less 5.01-5.10 5.11-5.19	3 2 1

Tests

A) Shooting in the Target (GOAL)

This test item was aimed to measure the shooting ability of the Hockey Players (Figure 1).

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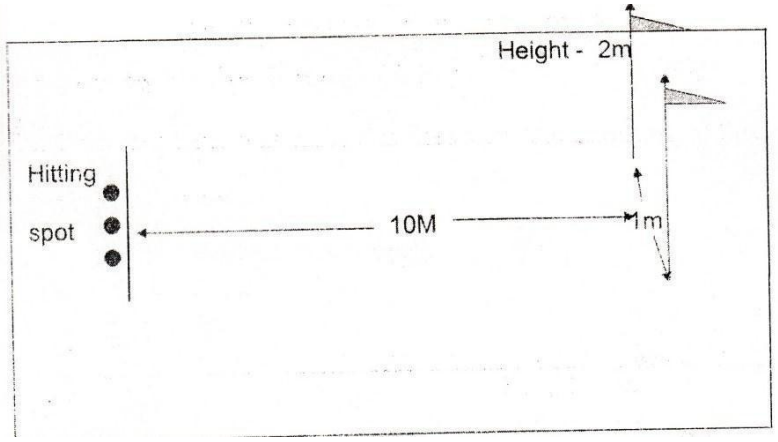
Figure 1: shooting in the target

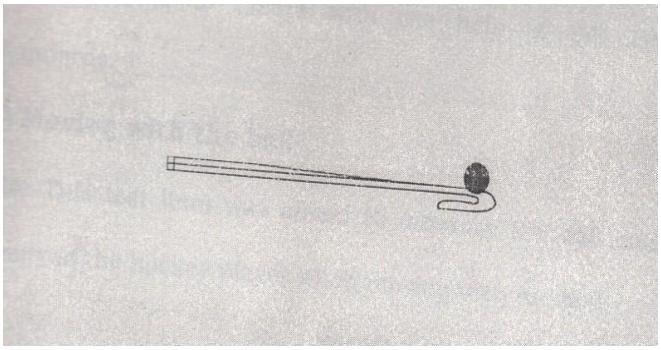


A target was formed by pegged two flag posts (each two meters height) at a distance of one meter from each other. A restraining line at a distance of ten meters from the target was marked on the ground. Ten balls were placed near the shooting spot on the restraining line. The subjects were asked to hit all the ten balls in to the target one by one. The numbers of accurate hits were evaluated with the help of SAI prescribed standards enlisted in table 1.

B) Balancing the ball on the stick

This test item was aimed to measure the balancing ability of the hockey players (Figure 2).

Figure 2: balancing the ball on the stick



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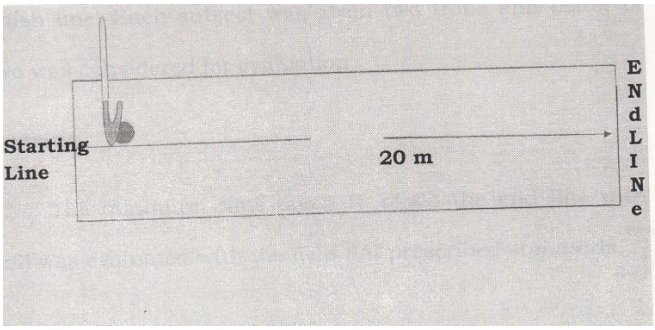
The subjects were asked to balance the ball on the blade of the hockey, stick continuously for the maximum duration possible. Up the to 11 years age group the subject were allowed to place the ball on the stick with hand. While in case of the subject of 12 years and above the ball were to be lifted from the ground by the subject with the help of the hockey stick and continue balancing. The subject was allowed to move around, if needed be to maintain the balance for the longest duration. The moment the ball was placed on the stick or lifted from the ground and brought under control on the stick, a stopwatch was started and the moment the ball falls down from the stick the stop watch was stopped and the time was recorded accurate up to Seconds. Two trails were given. Out of the two trails the better one longer duration time was converted to points with the help of SAI Prescribed standards.

c) Moving with the ball

This test item was aimed to measure the ball controlling ability of the hockey player when moving with the ball. Two horizontal lines, one called starting line and other end line, are marked at a distance of 20 meters as shown in (Figure 3).

Figure 3: Moving with the ball



The subject stand behind the starting line by holding the hockey stick in both the hands the hockey ball was placed on the start line. On the signal ready Go: the subject start moving forward by rolling the ball with the stick without breaking the contact of the ball blade of the stick on the ball and try to cross the finish line with the ball as early as possible. The forward movement of the ball with the blade of the stick was rolling movement A stop watch was started simultaneously to the signal go and was stopped as soon as the ball and the subject cross the finish line. Each subject was

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given two trails and better of the two was considered for evaluation. The minimum time taken to reach the end line with the ball was evaluated with the help SAI prescribed standards

Statistical Technique

The comparison of SAI hockey skill test between the hockey players of C.B.S.E and state board independent *t* test was applied.

Results

The mean, standard deviation and 't' ratio values on each performance related variables were analyzed separately and presented below.

Shooting in the Target

The converted data of shooting in the target between C.B.S.E and state Board schools hockey players were analyzed. The mean value of C.B.S.E. Schools and State Board Schools is 1.36 and 0.82 respectively. Standard Deviation value of C.B.S.E. Schools and State Board schools is found 0.90 and 0.66 respectively. Standard Error of C.B.S.E. and State Board Schools is 0.12 and 0.09 respectively. The obtained 't' ratio 5.4 is greater than the required table value 1.99 for df 98 and significant at 0.05 level.

Balancing the ball on the Stick

The converted data of balancing the ball on the stick between C.B.S.E and state Board schools hockey players were analyzed. The mean value of C.B.S.E. Schools and State Board Schools is 1.04 and 0.88 respectively. Standard Deviation value of C.B.S.E. Schools and State Board schools is found 0.84 and 0.82 respectively. Standard Error of C.B.S.E. and State Board Schools is 0.11 and 0.11 respectively. The obtained 't' ratio 1.14 is less than the required table value 1.99 for df 98 and not significant at 0.05 level.

Moving With the Ball

The converted data of moving with the ball between C.B.S.E and state Board schools hockey players were analyzed. The means value of C.B.S.E. Schools and State Board Schools is 1.82 and 0.96 respectively. Standard Deviation value of C.B.S.E. Schools and State Board schools is found 1.07 and 0.82 respectively. Standard Error of C.B.S.E. and State Board Schools is 0.15 and 0.11 respectively.

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The obtained 't' ratio 5.05 is greater than the required table value 1.99 for df 98 and significant at 0.05 level.

Discussion

The purpose of the study was to compare the SAI Hockey Skill Test between the hockey players of C.B.S.E and state board schools of Kashmir. This study showed a significant difference in shooting in the target and moving with the ball. This difference may exist as a result of systematic training program. These findings are in line with those of Ericsson, Krampe and Tesch-Romer (1993) [5], who proposed a model of expertise based on deliberate practice. They argued that practice is the only determinant of expertise. However, an alternative explanation is that the elite youth players have inherited a more favourable genetic profile for success in field hockey. According to Howe, Davidson and Sloboda (1998) [6], a talent originates in genetically transmitted structures and hence is at least partly innate. It is likely that both nature and nurture are essential, since today the standard of competition has increased to the point that only those athletes who combine their talent with intensive training have the potential to achieve elite status.

Conclusions

Within the limitations of the present study and on the basis of the findings, following conclusions were drawn.

1. C.B.S.E hockey players showed better performance and were more talented than State board schools hockey players in shooting in the target.
2. There was no significant difference found in balancing the ball on the stick between C.B.S.E and State board schools hockey players.
3. C.B.S.E hockey players showed better performance and were more talented than state board schools hockey players in moving with the ball.

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